
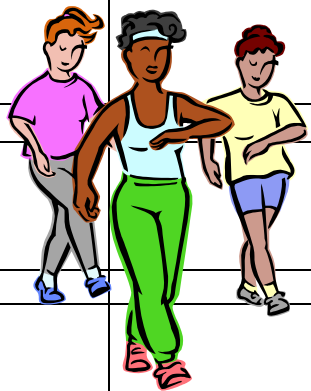
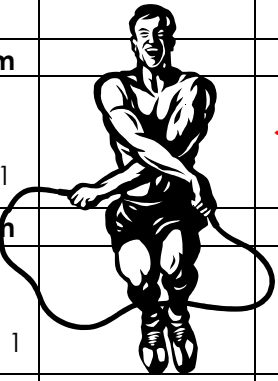



XYO FITNESS SCHEDULE



**AUGUST 1ST TO
SEPTEMBER 17TH
2006**

All classes on this schedule are FREE with the purchase of daily admission or any RECenter pass!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00-6:55am		6:00-6:55am		
		Balls & Chains Donna MPR 3		Balls & Chains Donna MPR 3		8:30-9:25am
						Step & Sculpt Richard MPR 1
					9:00-9:45am	9:30-10:25am
					Group Cycling Dana - MPR 1	Fit to the Core Richard MPR 1
			4:30-5:25pm			
			Group Cycle Christy -MPR 1			
5:30-6:25pm		5:30-6:25pm	5:30-6:25pm			
Jump & Pump Ryan-MPR 1		Jump & Pump Ryan-MPR 3	Mix it Up Christy- MPR 1			
7:30-8:15pm						
Group Cycling Dana - MPR 1						
	7:00-7:55pm	7:00- 7:45pm	7:00-7:55pm			
	Cycle Challenge Gay - MPR 1	Group Cycling Vangie -MPR 1	Cycle Challenge Gay - MPR 1			

Please send questions and suggestions to
Ryan.Taber@fairfaxcounty.gov
<http://www.fairfaxcounty.gov/parks/>

4630 Stonecroft Blvd.
 Chantilly, VA 20151
 703-817-9407

**Cub Run
RECenter**

Class formats and instructors
 are subject to change!



XYO CLASS DESCRIPTIONS



BALLS & CHAINS – Combine group cycling and strength training on the stability ball for a great cardio and core workout. All levels.

CYCLE CHALLENGE - A high-intensity, longer duration version of group cycling class that will truly challenge your cardiovascular system and help to build endurance. Intermediate/Advanced.

GROUP CYCLING – Take your ride inside! Our instructors will take you through variable speeds and resistance levels for a great endurance workout. Please bring a water bottle and a towel to class. All levels.

FIT TO THE CORE – Strengthen your core of power for improved posture and alignment. Exercises in this class focus on abdominal, lower back, and gluteal muscles. All levels.

JUMP & PUMP – Challenge your cardiovascular and muscular systems by combining plyometrics, jumping rope, and calisthenics. All levels.

MIX IT UP – Fight fitness boredom in this class that mixes cardiovascular training, strength training, and stretching. Check out all of our equipment, including rubber resistance, stability balls, dumbbells, and BOSUs. All levels.

POWER SCULPT - 55 minute conditioning and cardio workout. Intermediate to advanced exercisers will use a variety of free weights, body bars, steps, and BOSU with cardiovascular intervals to strengthen major muscle groups and pump up your day. Intermediate/Advanced

STEP & SCULPT – Pack your cardio and strength training into a single class. The first half focuses on step patterns, followed by exercises to build muscle and bone density. All levels.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354